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THE ROYAL WEE

Catherine, Duchess of Cambridge, and Prince William, Duke of Cambridge, celebrate a Great Britain gold medal last August at the Olympic Games in London. The couple has announced they are expecting their first child. Curious to see what the future monarch could look like? Metro used the power of the internet and archive photos to make our own royal newborn. See the results at metronews.ca/royalbaby. For more on the pregnancy, see pg. 4. PASCAL LE SEGRETAIR/GETTY IMAGES

Judge scoffs at convicted coach's 'loving' defence

Sexual abuse.

Disgraced ex-hockey coach doesn't show up to hear Crown's appeal

A Manitoba Court of Appeal judge bristled Monday at suggestions disgraced former hockey coach Graham James ever thought he had "loving" relationships with the players he abused.

Defence lawyer Evan Roitenberg was arguing against a Crown appeal to increase the two years James received in March for abusing former NHL star Theo Fleury and his cousin Todd Holt when they were in junior hockey.

"For me, you are pushing a big rock up a steep hill if you want me to accept that," said Justice Al MacInnes. He noted James threatened players to maintain their silence and how his victims wrapped themselves in blankets to fend off the abuse.

The Court of Appeal re-

Victim responds

"The outcome will never fit the crime, but it's a step in the right direction."

Todd Holt, who was abused by Graham James

served decision on the Crown appeal.

MacInnes made it clear that if it had been up to him, the sentence would have been longer. But the Appeal Court judges said they were only looking at whether sentencing Judge Catherine Carlson strayed too far outside the acceptable guidelines.

James, who did not attend the hearing, is already eligible to ask for full parole and will be eligible for statutory release next summer, if his sentence remains unchanged.

Roitenberg said James had an "epiphany" while in counselling after he was first jailed and realized what he had done to his victims. Until then, he thought they were in loving relationships.

That was what set off MacIn-

nes, one of the three on the panel hearing the case.

"If he thought that this was a loving relationship and he was doing the boys a favour, why would he have to threaten them to keep quiet?"

Holt also reacted strongly to the suggestion James thought he had loving relationships with the boys.

"I think it's clinically insane when he says that. Graham was a manipulator.... I can't even imagine what he talks about or what goes through his head."

The Crown agreed not to proceed with other charges involving another player, Greg Gilhooly, when Graham was charged with abusing Holt and Fleury.

Gilhooly was in court Monday and said later that it's important to get beyond the arguments of lawyers.

"There are victims of child sexual assault out there and the cost to society with the victims is intense," he said after the hearing. "We focus on rehabilitating our criminals. We don't focus enough on rehabilitating our victims." THE CANADIAN PRESS

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Made (funny) in Canada

Comic with blind ambition



Darryl Lenox CONTRIBUTED

It's not his home and native land, but comedian Darryl Lenox cut his teeth in Canada.

In 1994, the Las Vegas-born standup was going through a messy marital separation and was ordered by his ex not to return home. At the time, his comedy CV consisted of one week at the Comedy Cave in Surrey, B.C., so he called up the club owner, who not only gave him a job, but a place to live. Lenox lived in Canada until 2005 and credits this country for making him the comic he is today.

"I started out very joke-oriented, trying to get a laugh every 30 seconds and I was just getting crushed in those northern B.C. rooms; that was, until I learned to talk about myself," Lenox said. "People started laughing their asses off when I learned how to be honest about who I was and what I was going through."

One of those things was nearly losing his vision after taking a punch in the face, which resulted in complete blindness in his left eye. Meanwhile, Lenox's right eye was deteriorating due to glaucoma and cataracts. Surgery has maintained Lenox's limited sight, but don't expect any rapid stage moves.

Lenox's Blind Ambition special recently aired on Starz. He performs at Rumor's Tuesday until Dec.

15. JARED STORY/METRO

New car law. Dealerships may soon have to disclose all fees upfront

Manitoba car dealerships will soon be required to include all fees in their advertised prices.

The NDP government is tabling legislation aimed at giving buyers clear information about the cars and trucks they purchase.

The bill would require advertised prices to include all fees, charges and taxes, unless the advertisement indicates taxes are not included.

It would also require vehicle advertisements for

used cars from the current and previous model year to clearly state the fact they are secondhand.

Consumer Affairs Minister Jim Rondeau says the proposed law would also prohibit the providing of false information to consumers.

John Carey, past president of the Manitoba Motor Dealers Association, says the changes will improve transparency, and are supported by the association. **THE CANADIAN PRESS**

Obituary. Co-founder of Royal Manitoba Theatre Centre dies at 83

Tom Hendry, the last of the two men responsible for establishing the Royal Manitoba Theatre Centre, died Sunday at the age of 83. Hendry and John Hirsch started MTC in 1957.

"Tom was such a vital presence in our lives here, and we are sorry he won't be here to remind us where we came from and where we ought to be going," said MTC artistic director Steven Schipper in the release. "He was our last link to this theatre's birth, and we feel



Gordon Pinsent, left, and MTC co-founder Tom Hendry. HANDOUT

like adult orphans the world over." **METRO**

Construction project to be audited

\$20M cost increase.

Committee looks to province, future budgets to make up for overages



SHANE GIBSON

shane.gibson@metronews.ca

The city's finance committee has ordered an internal audit into how the projected cost of a major construction project connecting Waverley West to the rest of Winnipeg has jumped by \$20 million.

The project, which will see Kenaston Boulevard extended to the Perimeter Highway and upgrades made along Waverley and Kenaston streets, was announced in 2009 as part of the federal government's Building Canada Fund with all levels of government sharing the cost.

Originally budgeted at \$54.7 million, an update now pegs the price tag at \$74.7 million.

The report blames the shortfall on a slow response from the province in approving Kenas-

Budget consultation

The city's finance committee passed a motion Monday earmarking funds from next year's operating budget for a new public consultation process to help develop the city's 2014 operating and capital budgets.

ton's connection to the Perimeter Highway, a delay in the federal environmental-approval process, and an underestimation of the cost of a partial-grade separation at Kenaston and Bishop Grandin Boulevard to the tune of \$10 million.

Finance chair Coun. Russ Wyatt (Transcona) told reporters he'd like the audit to look at ways the city can better estimate costs while still making tight deadlines for federal funding opportunities. The committee hopes to take \$15 million from future capital budgets to cover the shortfall, and calls on the city to ask the province to cover the remaining \$5 million.



Finance committee chair Coun. Russ Wyatt speaks to reporters after Monday's meeting. The committee called for an audit to examine how the cost of the Waverley West project ballooned by \$20 million. SHANE GIBSON/METRO

11 NEWS

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Transit Tuesday



Weekly Transit News Update

WINNIPEG TRANSIT PRESENTS THE 2012 SANTA BUS

Winnipeg Transit's Santa Bus is now on the road collecting cash donations for the Christmas Cheer Board. The Santa Bus features larger than life images of the jolly old man himself along with all his happy reindeer on the exterior of bus #272.

"Last year the Santa Bus collected \$16,000 for the Christmas Cheer Board and we're ho-ho-hoping to collect even more this year," said Mr. Claus. All cash fares and donations collected on the Santa Bus go directly to the Christmas Cheer Board. Since 1985, the Santa Bus has raised more than \$335,000 in donations.

LOOK FOR THE SANTA BUS ON THESE ROUTES:

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Pregnancy sends Kate to London hospital



Catherine, Duchess of Cambridge, takes part in a day of celebrations to mark St. Andrew's Day at St. Andrew's School on Friday in Pangbourne, England, days before palace officials announced she is pregnant. GETTY IMAGES

Expecting. Duchess of Cambridge hospitalized with severe form of morning sickness

The most widely anticipated pregnancy since Princess Diana's in 1981 is official: Prince William's wife, Kate, is pregnant.

St. James's Palace announced the pregnancy Monday, saying that the Duchess of Cambridge — formerly known as Kate Middleton — has a severe form of morning sickness and is currently in a London hospital. William is at his wife's side.

News of the pregnancy drew congratulations from across the world, with the hashtag "royalbaby" trending globally on Twitter.

The couple's first child will be third in line to take the throne — leapfrogging the gregarious Prince Harry and possibly setting up the first scenario in which a U.K. female heir could benefit from new gender rules about succession.

Palace officials would not say how far along the 30-year-old duchess is, only that she has not yet reached the 12-week mark.

The palace said the duchess was hospitalized with hyperemesis gravidarum, a potentially dangerous type of morning sickness where vomiting is so severe no food or liquid can be kept down. They said she was expected to remain hospitalized for several days and would require a period of rest afterward.

Potentially dangerous

Uncommon illness

While morning sickness in pregnant women is common, the problem the duchess has been hospitalized with is not.

"It's not unusual for pregnant women to get morning sickness, but when it gets to the point where you're dehydrated, losing weight or vomiting so much you begin to build up (toxic) products in your blood, that's a concern," said Dr. Kecia Gaither, director of maternal fetal medicine at Brookdale University and Medical Center in New York.

Hyperemesis gravidarum tends to be more common in young women, in non-smokers, in women who are pregnant for the first time and in those expecting multiple babies.

The condition is thought to affect about one in 200 pregnant women, but Gaither said less than one per cent of women with the condition need to be hospitalized.

The news came just days after the duchess, on a royal appearance, was playing field hockey with schoolchildren at her former school.

William is second in line to the throne after his father, Prince Charles, so the couple's first child would normally become a monarch — eventually.

THE ASSOCIATED PRESS

Pay it forward. L.A. landlord's act of kindness goes viral

A landlord in California has paid it forward with an act of Christmas kindness.

The landlord, identified only as Joel, posted a notice telling tenants in his Los Angeles building to reduce their December rent cheques by \$70 and encouraged them to use the money to buy a gift for someone special.

A Reddit user, using the screen name "mikeoley," posted a photo of the notice on the popular online forum Thursday with the heading "Good guy landlord." By Monday, the post had more than 600 comments.

"Mikeoley" is Mike Olejarczyk, 32, who works for PlayN-network in L.A. as a motion graphics artist.

Quoted

"It's hard enough to find a nice place to live in this city. Finding one with management who cares about their tenants as well simply blows my mind."

Tenant Mike Olejarczyk

His roommate brought the note in along with another note that their garbage disposal was going to be fixed.

"We were both blown away by the (landlord's) generosity," Olejarczyk told Torstar News Service. **TORSTAR NEWS SERVICE**

Reality TV

Amazing Race comes to Canada

Producers of The Amazing Race Canada promise the show will stand shoulder-to-shoulder with its slick U.S. counterpart, even though competitors will never leave the country.

CTV executive Phil King says the network spent a lot of time debating whether or not to send competitors around the world. In the end, they decided to showcase the country's diversity.

"Canada (is) so diverse and not only in terms of land mass and climates — whether you go from Vancouver to the north or in the Prairies (with their) varying climates all the time — but even the people have very distinct cultures."

THE CANADIAN PRESS

November

Canada earns mo' money for cancer

For the second year in a row, Canadians participating in the Movember campaign for prostate cancer research have raised more money than people in any other country.

The sixth annual event, which drew to a close last Friday, has so far raised more than \$37 million for men's health initiatives.

In all, 247,066 Canadians took part in raising funds and awareness for Prostate Cancer Canada.

Movember is a month-long fundraising campaign where men start the month of November with a clean-shaven face, then grow their moustaches throughout the month.

THE CANADIAN PRESS

Trudeau feeling the heat for gun registry comments

Firearms policy. Projected Liberal front-runner accused of flip-flopping as divisive debate re-ignites

Justin Trudeau scrambled to explain his stance on gun control Monday as the Liberal leadership candidate took flak from opposing sides on the divisive issue.

The presumed Liberal front-runner tried to mollify both sides of the debate, rekindled over the weekend by his description of the long-gun registry as a failed policy.

Trudeau spent a news scrum with reporters handling one of the first divisive policy debates to have erupted during his campaign.

He explained that he hadn't actually flip-flopped on the gun registry.



Liberal leadership candidate Justin Trudeau on Monday.
THE CANADIAN PRESS

In fact, Trudeau said, he always supported it, and still does support it in principle. But he said now that it's gone it's too divisive to try bringing it back.

In the next breath, however, Trudeau added that he

supports Quebec's effort to bring it back in that province because he said the measure is not divisive there.

Finally, he explained why the long-gun registry fit his definition of a "failed" public policy.

"I voted to keep the firearms registry a few months ago and if we had a vote tomorrow I would vote once again to keep the long-gun registry," Trudeau told reporters.

"However, the definition of a failed public policy is the fact that the long-gun registry is no more. The fact is, because it was so deeply divisive for far too many people, it no longer exists."

Trudeau said he would rather spend the next three years before the federal election trying to find evidence-based policies that will unite Canadians and not divide them.

THE CANADIAN PRESS

Response to UN vote

Canada mutes criticism of Israeli settlement plans

Canada is standing apart from its major allies, the U.S. included, in refusing to condemn Israeli plans for new settlements in areas claimed by the Palestinians.

On Friday, Israel announced plans to build 3,000 settler homes in the West Bank and east Jerusalem to punish the Palestinians for winning greater recognition at the United Nations General Assembly the previous day. THE CANADIAN PRESS

Suspected arson

Purported ex-spy's house torched in suspicious fire

A fire has ravaged the home of a Montreal man with a colourful past as a self-described Israeli spy and purported international arms broker.

The police arson squad is investigating the fire that gutted the upscale Westmount home of Ari Ben-Menashe.

Police say a suspect was seen fleeing the scene before the fire erupted.

THE CANADIAN PRESS



A community grieves

Nancy Latraverse places flowers in front of a house in Drummondville, Que., where three young siblings — two girls, aged two and five, and their four-year-old brother — were found dead late Sunday. Police had still not said by Monday evening how the children died.

PAUL CHIASSON/THE CANADIAN PRESS

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Starbucks accused of grande-sized tax dodge

Britain. Legislators want Parliament to clamp down on multinationals that exploit U.K. tax laws

British lawmakers on Monday accused major multinational companies, including Starbucks, Google and Amazon, of immoral tax avoidance, while Starbucks announced it is reviewing its British tax practices in a bid to restore public trust.

Parliament's public accounts committee said the government should "get a grip" and clamp down on multinationals that exploit tax laws to move profits generated in Britain to offshore domains.

"Global companies with huge operations in the U.K., generating significant amounts of income, are getting away with paying little or no corporation tax here," said Labour legislator Margaret Hodge, who chairs the all-party committee. "This is outrageous and an insult to British businesses and individuals who pay their fair share."



A man walks out of a Starbucks in west London on Monday. British lawmakers want to clamp down on multinational corporations, including Starbucks, that they say are guilty of exploiting tax laws. THE ASSOCIATED PRESS

As the British economy splutters amid Europe's economic crisis, and the government slashes spending in a bid to curb the deficit, public anger has grown against companies that pay little tax while making large profits.

Companies operating in Europe can base themselves in any of the 27 European Union nations, allowing them to take advantage of a particular coun-

By the numbers

\$2.9M

The committee said online retailer Amazon paid \$2.9 million in British tax in 2011, on turnover of about \$331 million.

try's low tax rates.

Google has picked Ireland and Bermuda as its main bases, while coffee chain Starbucks has its European base in The Netherlands and pays British tax only after transferring large sums in royalties to its Dutch headquarters.

Hodge said executives from the three companies had been "unconvincing and, in some cases, evasive" when they appeared before the committee last month to explain their tax regimes. And she accused Britain's tax agency of being "way too lenient" in dealing with multinationals.

Starbucks, whose outlets have been targeted by the protest group U.K. Uncut, said in a statement that it had "listened to feedback from our customers and employees, and understand that to maintain and further build public trust we need to do more." THE ASSOCIATED PRESS



His Holiness tweets

The Pope Benedict XVI Twitter web page is displayed at the Vatican press hall on Monday. He will join the tweeting masses on Dec. 12 using the handle @Pontifex, responding live to questions about faith during his weekly general audience. Questions can be submitted to #askpontifex, and the Pope will likely respond to three to five of them, said the Vatican's communications adviser Greg Burke. GREGORIO BORGIA/THE ASSOCIATED PRESS

Nielsen research

TV viewers are increasingly social

Television viewers are becoming more active while watching now, judging by the findings in a new report that illustrates the explosive growth in people who watch TV while connected to social media on smartphones and tablets. The Nielsen company said that one in three people using Twitter in June sent messages at some point about the content of television shows, up 27 per cent from five months earlier.

THE ASSOCIATED PRESS

Market Minute



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REAL CHEMISTRY DOESN'T COME FROM A TOUCH SCREEN



SHE SAYS...
Jessica Napier
metronews.ca

My boyfriend has no patience for texting. When he wants to talk he won't hesitate to pick up the phone and call me. This more traditional approach puts him in the same category

as my grandparents and my dentist and it drives me crazy. Frankly, I just don't have enough daytime minutes to carry out my relationship verbally.

For modern couples who have grown up in the age of cellphone dependency, there's no separating technology from the relationship. Texting — which is far less intrusive than an actual phone call and has the added benefit of being more affordable — has become our preferred method of communication.

Communication conundrum

An unanswered text can turn the sanest individual into a panicking ball of neuroses.

We're relying on our pocket technology more than ever to negotiate new relationship terrain and, in turn, creating a whole new set of issues for ourselves. We consult friends to help interpret cryptic texts, judge potential suitors on their grammar and agonize over our response time — a too-quick reply can take you from looking interested to looking desperate. Excessive emoticon use — especially that ambiguous tongue-out-smiley-face — can lead to serious confusion about the meaning of our words. And worst of all, an unanswered text can turn the sanest individual into a panicking ball of neuroses.

There's no doubt that smartphones can make courtship infinitely more complicated, but they also allow us to be bolder with one another and more expressive than we might be face-to-face. Sexting is often thought of as the pastime of hormonal teenagers, but plenty of grown-ups exchange racy texts as a way to test the new relationship waters before actually diving in.

But if your new beau is sending virtual flower bouquets and emoji kisses before (or instead of) trying out the real thing, isn't that a bit disenchanting? And how do you know that he or she isn't just copying and pasting flirtatious iMessages between multiple women?

There's always going to be an element of casual detachment when it comes to mobile messaging. So while sending a few coy texts might be less intimidating than saying what you mean out loud, nothing can replace those in-person moments at the start of a new relationship.

Follow Jessica Napier on
Twitter @MetroSheSays



The world saw the 20th anniversary of the text message Monday. The milestone also makes apparent the correlation between SMS and digital delirium. JHAYMESIVPHOTOGRAPHY/FLICKR

I Sphinx you can eat it



BEBETO MATTHEWS/THE ASSOCIATED PRESS PHOTOS

This is sweet news

N.Y.C. hosts delectable competition

The Sphinx, a gingerbread creation from North End Grill, is on display in the lobby area of Le Parker Meridien hotel in New York City.

The landmark-inspired

creation is being exhibited with other over-the-top gingerbread houses from city restaurants in the fourth annual display to benefit City Harvest, a food rescue organization for feeding the needy.

Visitors can buy one ticket for \$1 or eight for \$5 to vote on their favourite landmark.

THE ASSOCIATED PRESS



Chichen Itza, a gingerbread creation from Butterfly Bakeshop, will be on display with the rest of the landmarks at Le Parker Meridien until Jan. 3.

Nom nom nom

This ain't your mother's gingerbread

Out of the kitchen and into the hotel lobby: Gingerbread houses have gone from being a home-made project done with mom to professional exhibits designed by pastry chefs and sometimes even architects.

The fundraiser is just one of many gingerbread showcases going on across the country. A few extravaganzas raise money for charity, while some include contests for home bakers.

Susan Matheson, co-author of the book *The Gingerbread Architect: Recipes and Blueprints for*

Twelve Classic American Homes, says these types of professional gingerbread creations "are elaborately detailed, spellbinding constructions that must require an army of pastry chefs, historians, engineers and consulting experts. The results can elevate the craft to a high art form that transports the viewer into an ethereal miniature fairy world." But Matheson doesn't approve of glue guns or other non-edible components: "It's 100 per cent digestible or count me out." THE ASSOCIATED PRESS

Online

See the whole gingerbread spread at metronews.ca.

Twitter

@dlnycrstn88:

Off to volunteer at @SiloamMission with my co-workers and I couldn't be more excited!! #Winnipeg #spreadgoodcheer

@snakeeyesdeuce:

"@KimKardashian: Snowing here in Germany. I haven't seen snow in a long time! Reminds me of Christmas!" Come to Winnipeg I'm sick of it

@g98PercentChimp:

Know what's really entertaining? Driving around downtown Winni-

peg at 2am watching all the drunk people stumble home from the bars...

@BeefusBrutecake:

Just had a burrito in Winnipeg. Never a great idea to eat Mexican food in a city completely void of Mexicans.

@xAllison13x:

The stadium Taylor is performing at in Winnipeg isn't even open yet and its estimated date of opening is June 2013. Concert is June 22...



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DVD review



The Dark Knight Rises

Director. Christopher Nolan

Stars. Christian Bale, Tom Hardy, Anne Hathaway

•••••

This Knight not only rises, it also cuts deep — not just as spectacular entertainment but also as harrowing drama. Fear is in the eyes of both hero and villain in this concluding chapter of Christopher Nolan's outstanding Batman origin trilogy. Human frailty and realistic threats of nuclear and economic destruction are woven into the densely layered saga co-written by Nolan with his brother Jonathan and David S. Goyer. It's eight years after the traumatic events of *The Dark Knight* (2008), and Batman is for all intents and purposes no more. Wrongly blamed for the demise of Gotham's public defender Harvey Dent, Batman — or rather his alter-ego Bruce Wayne (Christian Bale) — hides inside stately Wayne Manor. But a new threat has emerged: a super terrorist by the name of Bane (Tom Hardy). Bane plans to weaponize a nuclear fusion device that Wayne Enterprises developed for peace. Anne Hathaway intrigues and wows as cat burglar Selina Kyle, a.k.a. Catwoman. Marion Cotillard makes less noise as Gotham tycoon Miranda Tate, but she fits very well into the film's intricate puzzle. So too does Joseph Gordon-Levitt.

PETER HOWELL



In *Silver Linings Playbook*, Robert DeNiro plays Pat Solitano Sr., the patriarch of a family of diehard Philadelphia Eagles fans. HANDOUT

What about the story from the sidelines?

Silver Linings Playbook.

Football tales seem to focus on the gridiron action — this film looks at the lives of the fans

In David O. Russell's *Silver Linings Playbook*, Bradley Cooper plays an unstable former teacher trying to improve himself after exiting a mental institution. When his character, Pat Solitano, consults his otherwise level-headed psychiatrist Dr. Cliff Patel (Anupam Kher) on whether a Philadelphia Eagles' jersey is appropriate attire for a dinner party, Patel questions which jersey

On hearing that it's star wide-receiver DeSean Jackson, he responds unequivocally: "DeSean Jackson is the man."

This is Philadelphia, where undying loyalty to the local NFL team — "the Birds" — is everywhere, even in the sensitive relations between therapist and patient.

As large a role as football plays in American life, Hollywood has typically focused its cameras on the field of play, where the dramatics of gridiron battle are self-evident. But *Silver Linings Playbook*, which was recently nominated for five Spirit Awards and is widely expected to be a best picture Oscar contender, is more interested in the face-painters in the stands. The annals of pigskin

pictures have ranged from the hijinks of Groucho Marx (*Horse Feathers*) to the inspiration of a newcomer to the sport (*The Blind Side*). Football in movies has been a regular source of hard-knock action (*Any Given Sunday*), manly tragedy (*Brian's Song*, *Remember the Titans*) and underdog triumph (*Rudy*).

But along with *Silver Linings Playbook*, a handful of films have sought to capture the fanatical passion — both the communal spirit and the toxic obsession — that grips millions of households and acres of parking-lot asphalt every Sunday this time of year.

In Vincent Gallo's *Buffalo '66* (1998), Gallo drew from his own childhood in the upstate New York City, playing a man

named after the hometown team (Billy), with lifeless parents glued to the TV screen for Buffalo Bills games. A lost bet on a crucial game cost Billy \$10,000 and put him in jail. On his exit, he's bent on avenging the guilty place kicker. *Big Fan* (2009), written and directed by Robert D. Siegel (who also wrote *The Wrestler*), depicted a die-hard New York Giants fan (Patton Oswalt) whose devotion is tested when he's brutally assaulted by his favourite player.

The 2004 film *Friday Night Lights*, and the subsequent TV series, sought to portray a football-mad Texas town, where the sport reverberated in nearly all that was good — and all that was bad — in Dillon, Texas.

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Serena Ryder finds broad appeal with new album, Harmony

New music. Ryder goes for wider appeal with a folk-rock approach that draws on a range of musical influences

Toronto power vocalist Serena Ryder was at home but in foreign territory while recording her new album, Harmony.

The three-time Juno Award winner with the soulful three-octave range made the tracks in her own backyard studio, a cosy shed she'd previously only used as a rehearsal space.

Another first: the Weak in the Knees singer-songwriter penned the tunes while falling in love. And

Quote

"With this record, I feel like it was very, very primal and animalistic and I wasn't really thinking about what direction I'm going."

Serena Ryder

she actually had fun while making the disc, a feeling she admits wasn't predominant in her recording sessions of yore.

The result is a feel-good, catchy collection that touches on a wide range of genres, giving Ryder a broader appeal than the blues-folk-rock categories she's typically been associated with.

65 songs

Her follow up effort to Is It O.K. album came together over a long period of time.

- **Hard at work.** Over a period of roughly eight months this year, she

feverishly wrote about 65 songs in an effort to craft a followup to her previous album, 2008's Is It O.K., which won a Juno in 2010 for video of the year (Little Bit Of Red).

"With this record, I feel like it was very, very primal and animalistic and I wasn't really thinking about what direction I'm going to go in," Ryder, who turns 30 on Dec. 8, said in a recent

interview.

"I was like, 'I want to go in all directions,' because the most frustrating thing that's been the bane of my existence and my career has been people (saying), 'Se-

rena, you've got to pick a style or you're going to confuse people,' ... and I started really believing that. I was like, 'OK, I've got to pick one way of being and one way of singing and one

way of branding myself,'" she continued, sitting at a piano in her studio shed that's adorned with vintage furniture and a vast array of instruments.

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Serena Ryder, the three-time Juno Award winner with the soulful three-octave range, made tracks in her own backyard studio.

HANDOUT/THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Nothing stops Heidi from getting her Halloween on



THE
WORD
Dorothy Robinson
scene@metronews.ca

A divorce and a hurricane wasn't going to keep Heidi Klum from dressing up in 2012. When her annual New York City Halloween party (which she used to host with soon to be ex-husband Seal) was cancelled this year because of Hurricane Sandy, the model decided to transform her party into a Haunted Holiday Party — and have Saturday's party benefit relief



efforts.

"Putting the outfit on only took five minutes, but gluing all these hundreds of stones on my face took a little longer," she said about her jewel-encrusted face and

Cleopatra costume, which she wore among such celebrities as Jay Manuel, Questlove, Russell Simmons and Sandra "Pepa" Denton of Salt & Pepa. Despite the intricate costume, she swore to a group of reporters, including Metro, that she was comfortable. "I'm on flat feet," she pointed to her boots. "I'm not on heels, so that's awesome."

Even though she's still reeling over her rather ugly split with Seal, with whom she has four children, she's not letting it ruin her Christmas plans.

"This year we're just going to stay home," she says about how she plans on spending the holidays with her kids. "I'm excited to just sit in front of the fireplace and drink hot cocoa and watch them play with their new toys, just to be in the house and enjoy not doing much."

Feuding stars make promises of peace

This might not be the biggest shocker considering the recently signed custody agreement between Halle Berry and Gabriel Aubry, but Olivier Martinez has reportedly dropped his criminal complaint against Aubry for their bloody Thanksgiving brawl, according to Radar Online.

"Olivier informed the LAPD and the Los Angeles City Attorney's Office that he was no longer interested in pursuing criminal charges against Aubry," a source says. "Aubry and Berry worked out a confidential settlement last week that included specific language about how none of the parties — Halle, Gabe or Olivier — would pursue criminal charges against one another."

All sides managed to agree to satisfactory terms with the focus being on ending the mayhem for the sake of Halle and Gabriel's daughter, Nahla."



Adam Levine ALL PHOTOS GETTY IMAGES

Levine boos Honey: F-bombs fly the way of famous family

Adam Levine may have found a new avenue for success as a reality TV judge on The Voice, but that doesn't mean he's a fan of other kinds of reality television. Quite the opposite, actually. "Seriously, Honey Boo Boo is the decay of Western civilization. Just because so many people watch the show doesn't mean it's good," Levine tells GQ magazine. "It's complete f—ing ignorance and the most despicable way to treat your kids."

Not impressed

"It's complete f—ing ignorance and the most despicable way to treat your kids."

Adam Levine on TV show Honey Boo Boo

F— those people. You can put that in the magazine. F— those idiots. They're just the worst."

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The Victoria Secret show is airing on Global tonight at 10 p.m. ET/PT. GETTY IMAGES

3 LIFE

How Adriana got the body of an angel back

Victoria Secret show.

Adriana Lima shares how she got back into show shape after having a child

ROMINA
MCGUINNESS

Metro World News

Last month, Brazilian beauty Adriana Lima opened the Victoria's Secret Fashion Show, which airs on Global tonight at 10 p.m. ET/PT, eight weeks after giving birth to her second child.

She opens up to Metro about the "nightmare" gym sessions, sparring herself into shape and how she celebrated getting into the skimpy lingerie with a cupcake — but just one.

It seems like hell getting ready for the show. How do you girls cope with the pressure?

One thing I need to get straight — I've never felt pressure from either Victoria's Secret or my agency. No one pressured me to get ready for the show this fast. It's a decision I made on my own. It was one of the most difficult things I've ever done because you're dealing with nature.

You do what you need to do to get ready, but after having a baby you really don't know how your body is going to react.

Last thoughts

A couple more questions on getting that body back

- **What's more painful: Getting ready for the show or giving birth?** "I enjoyed every second of both. When you make your own choices and you're not forced to do things, nothing is painful. Being a mother is amazing and there are no words to

describe that, but also, the Victoria's Secret Show ... I mean every girl in the world would love to be an Angel."

- **At the end of the day ... is all the pain of the workouts and the dieting worth it?** "Of course. I do things that I love and I do them from my heart, you understand?"



Sounds stressful. How did you react on the big day? Did you down shots of vodka backstage?

I get nervous before every single show. I thought that feeling would go away but it never did. Plus this year I was opening the show, which is a big responsibility as everybody kind of follows your mood. But every girl has a different way of expressing her nervousness. I don't like talking so I just listen to music — anything by Eminem, Rihanna, Kings of Leon, Rock and Roll by Led Zeppelin and Heartbeats by The Knife.

Did getting ready for the show give you nightmares? Did you dream you were being attacked by giant candy bars?

No. It was more during the day, when I had to go to the

gym — that was my nightmare. Don't get me wrong, I really love exercise, but it's not easy.

The actual workout — it's tough you know. You need a lot of determination in order to do it every single day. Every minute of every workout counts and this year, I wasn't sure if I was going to make it or not.

Models Cara Delevingne and Jourdan Dunn (both in the Victoria's Secret show with Adriana) reportedly ate pizza and KFC hours before the show. Would you want to scream if they ate in front of you, or join them? Ha! I'm a little bit older than them. But regardless of age, I'm really aware of the fact that you are what you eat.

Are you saying they're going to turn into a giant pizza

or a chicken wing?

Maybe not right now, but they're going to see the results in the future, when they get old. It depends what they eat, but they may have problems with cholesterol or diabetes, I don't know. I just like to eat healthy. I have two children and I'm concerned about their health. I'm their example. I don't want my three year old asking me, "Mama, I want chocolate for lunch."

Cake is festive, it's not something you should eat everyday.

What's the first thing you did when the show ended? Run backstage, take off that lingerie and demolish a cheeseburger?

No. But I did have a cupcake. Once in a while, I do eat these things, you know. I just don't do it every day.

Even now that the show is over, I'm still working out and eating healthy. It's my job.

There are a lot of rumours out there that Victoria's Secret models literally starve yourselves in order to get ready for the show. You also shared sweaty pictures of yourself on Twitter to show how hard you were working out. How did you really go about it?

I'd just had a baby, so I had to do everything in a healthy way in order to best take care of myself and my body. I never do things on my own — I have a nutritionist and a personal trainer. I don't want to have any problems. I know people see us on the runway and working out — but I don't want them to think that we don't eat. I don't starve myself. I don't do that. I love food, but I do watch what I eat.

So what kinds of workouts did you focus on? What foods did you eat?

I was boxing — sparring, doing a little bit of rope and lots of abdominal and core work. I sometimes went running in the morning, but that's pretty much it.

As for my diet, I was eating three ounces of protein, three times a day with plenty of steamed green vegetables and drinking lots of water.

The comfort of carrots and sweet potatoes in a casserole



This recipe makes six servings. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)



ROSE REISMAN
for more, visit
rosereisman.com

If you can find fresh sweet pineapple, use it instead of the canned stuff. You're getting a double blast of beta carotene from the sweet potatoes and carrots.

1. Preheat the oven to 350 F. Spray a 9 by 13-inch baking dish with cooking oil.

2. Place the sweet potatoes and carrots in a saucepan and cover with cold water. Bring to a boil. Cook for 7 minutes at a boil, or until tender. Drain.

3. Toss the sweet potatoes and carrots with the pineapple and cranberries. Place in the prepared baking dish.

4. Combine the brown sugar, juice concentrate, oil, molasses and cinnamon in a small saucepan. Cook over medium heat, stirring frequently, for 1 minute or until melted and smooth.

Ingredients

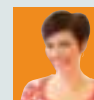
- 1 lb sweet potatoes, peeled and cut in 1/2-inch rounds
- 1 lb carrots, thinly sliced into rounds
- 1 1/4 cups fresh or drained canned pineapple chunks or diced apples
- 1/2 cup dried cranberries
- 1/3 cup packed brown sugar
- 3 tbsp orange juice concentrate
- 1 tbsp vegetable oil
- 2 tbsp molasses
- 1 1/2 tsp ground cinnamon
- 3 tbsp chopped toasted pecans
- 1/4 cup chopped fresh parsley
- 6 thin slices apple

5. Pour the sauce over vegetables. Cover and bake for 15 minutes, or until heated through. Remove from the oven and toss the vegetables. Sprinkle the pecans overtop. Garnish with the parsley and sliced apple.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

To sweet or not to sweet



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Oh yes, sweet potatoes are good for you, and in some cases, even better for you than white ones.

But don't be so sure you want to go all gung-ho on the switch. Mashed sweet potatoes can be just as rough on your calorie count as whites; it all depends upon how they are prepared.

Fries: Weight Watchers has both sweet potato and regular fries at around 500 calories per serving and 13 or 14 points.

Mashes: One cup of mashed sweet potatoes is 258 calories while 1 cup of mashed white with butter and milk is 237 calories.

Any way you slice it, the method of prepara-

tion matters far more than which potato you choose. No doubt sweet potatoes have more vitamin A and fibre in the pulp (eat the skins of white potatoes and they come closer!). In the end, choosing only a teeny tiny portion or baked "fries" instead of deep fried finger food is a better bet. Limiting the butter, milk or sugar (or marshmallows... for Pete's sake!) that is used in the mash is wisest.

Baked: Sweet potatoes are your best bet. Keep butter to a teaspoon and enjoy one cup (about half a potato) guilt free! Any leftover baked sweet potatoes can be turned into yummy muffins in a snap. You can check out a great Sweet Potato Muffin recipe at: myfriendinfood.com/2011/05/02/sweet-potato-muffins/

THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM



Warm up with Beef Potpie

1. Heat the oven to 400 F.

2. Place potatoes in a saucepan. Add enough water to cover by 1 inch. Bring to a boil, then cook until tender, about 15 to 20 mins. Drain and set aside.

3. Meanwhile, in a large deep skillet over medium-high heat, melt butter. Add onion, shallots and garlic and sauté until tender, 5 mins. Add carrots and celery and cook until beginning to brown and caramelize at the edges, 10 more mins. Stir in the tomato paste, Worcestershire sauce and thyme. Cook for an-

other 2 mins. Transfer to a plate and set aside.

4. Season the sirloin with salt and pepper. Return the skillet to the stovetop over high heat. Add the oil. Working in batches to avoid crowding the pan, sear the meat on all sides until well browned, about 3 mins. Meat does not need to be cooked through. Once seared, remove the meat from the pan.

5. Lower heat to medium and stir in the red wine. Scrape up any browned bits from the pan. In a small bowl, whisk together

Ingredients

- 1 1/4 lbs potatoes, cut in chunks
- 2 tbsp butter
- 1 medium onion, sliced
- 2 medium shallots, sliced
- 1 clove garlic, minced
- 2 each carrots, celery stalks diced
- 2 tbsp tomato paste
- 2 tbsp Worcestershire sauce
- 2 tbsp minced fresh thyme
- 1 1/4 pounds sirloin tips, cut into 1-inch pieces
- Ground black pepper
- Kosher salt
- 1 tbsp vegetable or canola oil
- 1/4 cup red wine
- 3/4 cup unsalted or low-sodium beef stock
- 2 tbsp all-purpose flour
- 1/2 cup heavy cream
- 1 sheet puff pastry, thawed according to directions

the beef stock and flour. Add to the pan, whisking until thick, 3

mins. Stir in the cream. Return the beef, vegetables and pota-



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

toes to the pan and stir to combine and coat everything with the sauce. Season with salt and pepper. Transfer to a medium casserole dish or baking pan.

6. Unfold puff pastry sheet and set over pan. Use a paring knife to cut slits to vent. Bake 25 mins., or until the puff pastry is golden brown and the inside is bubbling. **THE ASSOCIATED PRESS**

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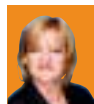
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Make a list, check it twice: Money comprehension skills

Alison On Money. The gift list — it will help guide you during the hectic shopping season



YOUR MONEY
Alison Griffiths
money@metronews.ca

Last week I saw a weary Dad slumped in a mall chair, coffee gripped in one fist. He smiled weakly when I sat down nearby. "I thought starting Christmas shopping early might make it easier," he said. "Wrong!"

He planned to accompany his three children into the stores. But two hours later, with few presents purchased, he was done. The problem was preparation.

All three kids lacked an essential item — the almighty list. It seems like such a simple thing, but is a fundamental part of financial planning. After all, how can you create priorities if

you don't have a list to guide you?

Those who learn to make and follow them when they're young will find that the structure provides benefits into adulthood.

There's a body of research pointing to the importance of earmarking for saving. Targeting certain sums for a specific saving purpose increases the success rate.

List making is the kissing cousin of earmarking. For example, writing down or typing: Jared-Skylanders Giants Chop Chop \$14.95, decreases the likelihood that a child will get distracted and overspend.

Even teens can get into list making. Apps such as Santa's Little Helper (Apple), Gifters (Apple) and Christmas Gift List Planner (Android) will keep them on track.

The younger ones love it if you add a few fun touches. Kids who aren't writing can cut and paste pictures of what they want to buy or make. Then a family member can help them with price.



Increase your savings success rate by making a list. ISTOCK IMAGES

Don't worry if their money comprehension skills aren't quite there yet. Just knowing that an item costs a certain amount and is affordable or not is a big step.

A five-year-old child of a neighbour listed what she wanted to buy her Dad — toenail clippers and a new car. Mom said, okay, you can afford the clippers but not the car. The daughter decided to buy a toy car and promise a real one when she grows up.

Making gift lists puts kids in charge and gives them responsibility. They won't always be successful in sticking to either the list or their budget (who is?) but the process teaches lessons for a lifetime.

Oh yes, the list also takes the pressure off mom and dad. That alone is reason enough.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Activities for \$10 or less



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

The holiday season is in full swing and everywhere you turn the sound of cash registers, credit and debit machines chime a tune of heavy spending on gifts and other festive activities.

This year, most Canadians are expected to spend nearly \$650 throughout the holidays (based on the Ipsos poll conducted in November of 2011).

What if you could spend a lot less, have more fun and avoid a hefty credit card balance when January rolls around? Free outdoor activities await you and your family this holiday season.

Rather than heading to the ski hill, grab your skates or borrow snowshoes from a neighbour and enjoy the outdoors. If you bundle up, you could head out to a winter hiking trail with your friends or enjoy an outdoor campfire.

One evening, fill your travel mug with hot cocoa and tour outdoor light displays throughout your neighbourhood.

Find out what's happening in your community. Low to no cost choir performances and plays are put on at local community centres, malls and churches. Attending these events is a great way to support the arts and your friends who may be actively involved.

Rather than heading out to the theatre, download Netflix and watch unlimited movies at home for \$8 per month. Or, pay nothing and borrow films from the library.

Keep watch for coupons for the local zoo, craft fair, recreational facilities and heritage sites. Visiting tourist locations in your community in the off-season can save you a bundle and it's a great way to discover hidden gems right in your backyard.

Host a party where everyone brings their favourite appetizer and drink. Add the challenge that each person has to do this for \$10 or less. I guarantee the results will be creative, surprising and interesting. Volunteer with a group of friends to pack food hampers, help out at the community centre or fix up your local playground.

This is a great way to spend time and it's a healthy reminder of how important it is to give back.

A fantastic holiday season awaits you. Save your money and enjoy it.



Do your child and dog get along? HANDOUT

Dogs may be man's best friend, but how will Rover get along with your child?

Safe introduction. Allow your pet time and space to become accustomed to your child and advise your little one on how to handle the dog

MARY SHELL
Metro World News in New York

Whether you are bringing your new baby home to meet your dog for the first time, or thinking about adopting that dog your kids have been asking for, there are some basic ways to safely introduce kids and canines.

We spoke with Jennifer Shryock, a certified dog behaviour consultant and founder of Family Paws Par-

ent Education, about how to make a smooth transition.

Never force interaction between a dog and a child. Pay attention to your dog's body language to determine if the dog is engaging with the situation or tolerating it. Shryock recommends allowing your child to pet the dog a couple times and then stop. Wait to see if the dog is interested in continuing the interaction.

Have reasonable expectations for your dog. Parents often think a dog should put up with a baby crawling near the animal at eye level and reaching and grabbing. "You can't let (a) toddler freely explore the dog," Shryock says.

A new dog will have a tolerance limit for your kids, and it's important to recognize that limit and

provide the dog with a quiet area to retreat to when the interaction might become too much.

Instruct your kids not to crowd the dog or carry it around. Instead, create safe, supervised activities for your toddler and your dog. This might be dropping a treat in the dog's crate or filling up the food and water bowls together. No matter what you do, Shryock always recommends total supervision.

Rule of thumb (or dew-claw): If it doesn't feel right or it looks too good to be true, it probably is. Any behavioural issue is going to take time; there are no quick fixes. And if a child shouldn't be doing something to correct an animal's behaviour, a parent shouldn't be doing it.

For this reason, physical force with your dog in front of your kids is not recommended. Positive reinforcement is key.

If you're expecting Get to know your dog better during your pregnancy and use that time to reinforce basic training. Study your dog's body language and learn to identify triggers that stress or upset your dog, so you know how to protect your pet from these situations.

Build the relationship The best way to cultivate a good relationship with your dog and your new baby is to make sure your dog observes and participates in positive, daily routines with you and your baby. Never force your dog to check out the baby. Instead, invite him or her to sit next to you while you hold the new addition.



Canada's world junior head coach Steve Spott, centre, poses for photos with players Mathew Dumba, left, and Hunter Shinkaruk on Monday in Calgary after announcing the 37-player roster for next week's selection camp. JEFF MCINTOSH/THE CANADIAN PRESS

Junior selection roster has pro feel

World juniors. Lockout provides NHL-level talent, but creates uncertainty ahead of holiday tournament

As long as the NHL lockout lasts, the Canadian junior men's hockey team will be older and stronger than in previous years.

Edmonton Oilers centre Ryan Nugent-Hopkins and other 19-year-olds who would have likely otherwise been lost to the NHL are among the 37 players invited to selection camp Dec. 10 to 15 in Calgary.

There was an undercurrent of uncertainty in Monday's announcement in Calgary be-

By the numbers

2

The Canadians won gold during the 1995 and 2005 lockouts, but those tournaments were in Red Deer, Alta., and Grand Forks, N.D., on smaller North American-sized ice surfaces.

cause of the impact a sudden end to the lockout could have on the team.

But with no end to the work stoppage in sight, Canada can anticipate having one of its strongest teams at the 2013 world junior championship starting Dec. 26 in Ufa, Russia.

Head coach Steve Spott, whose day job is coaching the OHL's Kitchener Rangers, sounds like a man who has to be prepared for anything.

"Until Dec. 26, with the

uncertainty of this work stoppage, I'm trying to keep all my steno pads in order because I've got about 30 different rosters right now that I'm looking at," he said. "Until I see those players on the 26th against Germany, there's a lot of balls in the air. Ultimately it will be great to get on the ice with them next Monday."

Twenty-three players will be chosen Dec. 13 to play for Canada in Ufa.

The 2005 gold was the first of five straight for Canada, but it's been two silver and a bronze over the last three years.

The world junior tournament was held on the smaller North American ice surface the last four years, but now returns to the larger European style of arena. A premium was

Far from middle of the road

Where the Canadian team will benefit the most from the lockout is at centre.

- Joining Ryan Nugent-Hopkins through the middle are second-year players Jonathan Huberdeau, Mark Scheifele and Ryan Strome. All are top-10 NHL draft picks.

placed on skating ability when issuing invitations to camp, according to Hockey Canada head scout Kevin Prendergast.

"If they're not an excellent skater, they bring an intangible we think can help us," he said.

THE CANADIAN PRESS

NHL lockout

Crosby travels to New York for CBA negotiations

Sidney Crosby is ready for another kick at the can.

The league's most recognizable player travelled to New York on Monday for Tuesday's unique collective bargaining session that won't include commissioner Gary Bettman or NHLPA executive director Donald Fehr. THE CANADIAN PRESS

NFL

Chiefs return to practice after tragic weekend

The Kansas City Chiefs returned to work Monday at their practice facility near Arrowhead Stadium, trying to find a sense of normalcy.

It was difficult to do.

The locker that once belonged to Jovan Belcher, the linebacker who allegedly killed his girlfriend and then turned the gun on himself Saturday, still had all his belongings hanging in it.

Coach Romeo Crennel said that "time heals all wounds," and the Chiefs are hopeful the healing has begun.

Kansas City police Sgt. Marisa Barnes said Monday that authorities hope to deliver an investigative report to prosecutors on Tuesday. THE ASSOCIATED PRESS



Jovan Belcher GETTY IMAGES FILE

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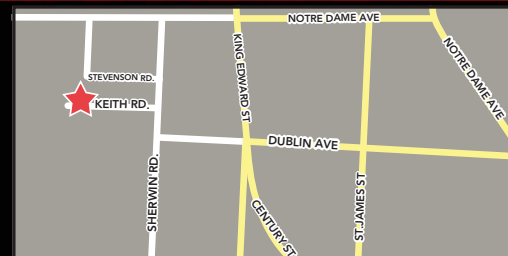
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Horoscopes

Aries

March 21 - April 20
Don't expect too much in the way of cooperation from other people. Partners and colleagues will be too busy resolving their own issues to pay much attention to what you are up to, which could work in your favour.

Taurus

April 21 - May 21
You don't have to do something just because someone in a position of authority tells you to do it. Ultimately, you are your own boss and must do only what your conscience can live with. Make sure they know that.

Gemini

May 22 - June 21
You can be impulsive and if you act on the spur of the moment today, there is a risk you will leave yourself open to accusations that you are putting others at risk. Maybe they're right.

Cancer

June 22 - July 23
You may find that your options for action are limited over the next 24 hours but it's no big deal. Stay calm and don't get flustered or frustrated. There's still plenty of time to make your mark on the world.

Leo

July 24 - Aug. 23
Others can sit around worrying about the end of the world but you don't have time for that kind of self-indulgence. Make your plans and then make your move. Others may fear the future but you intend to own it.

Virgo

Aug. 24 - Sept. 23
You need to be a bit more assertive today, especially if you want to show those you work with that you can handle responsibility. Above all you must look calm on the outside, even if you are scared on the inside.

Libra

Sept. 24 - Oct. 23
"Lazy Libra" is a tag that has little if any truth in it and you will prove it today. Your willingness to put in twice as much effort as your colleagues will not go unnoticed nor, in the long-term, unrewarded.

Scorpio

Oct. 24 - Nov. 22
If you allow your anxieties to hold you back today, you will regret it later in the week when you realize how much more you could have done if you had just stuck with it. The only thing to fear is fear itself.

Sagittarius

Nov. 23 - Dec. 21
You may be tempted to cut corners today but it's not a good idea. Almost certainly, what you planned will go wrong and you will end up going the long way round for what should have been a simple journey.

Capricorn

Dec. 22 - Jan. 20
It looks very much like you are on a collision course with someone who has been going out of their way to give you a hard time, and it could get messy. Don't say something that could cost you your job though.

Aquarius

Jan. 21 - Feb. 19
If you find that you are out of your depth in some way today, you must ask for help. It's not a sign of weakness, it's a sign of intelligence. Everyone has their limits but only the wise seem to know it.

Pisces

Feb. 20 - March 20
Timing is everything and according to the planets it's the right time to get involved in a project that involves people from all walks of life, and maybe from all over the world. Join with those who share your dream. **SALLY BROMPTON**

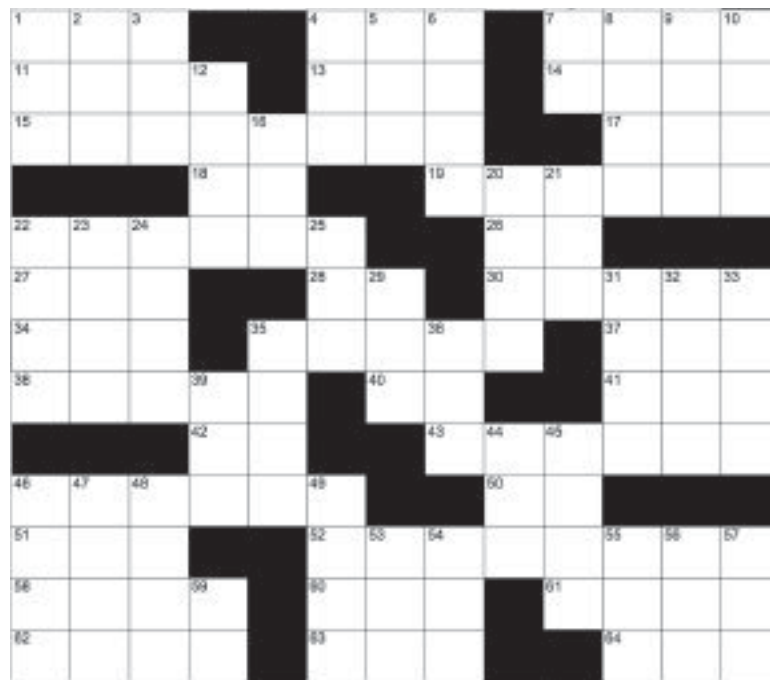
Crossword

Across

- Star of Home Improvement
- Hood
- Pillow covering
- Flubs
- Actress Hagen
- Nook
- Complied
- Tin Tin
- Opposite of SW
- Alter
- Corporate climber
- Actor Norton
- "Exodus" hero
- Ready — Not
- Not even once
- PVR predecessor
- Leap
- It's — win situation (2 words)
- Ridge
- Who Wants to — a Millionaire?
- Take a rest
- Chau — Chi of Falcon Crest
- Isn't colourfast
- Funnel-shaped wildflower
- Star of ChiPs (init.)
- Road surface
- Relationship woes
- The Bold —
- Summer in Paris
- Censor's target
- Turf
- Casual top
- Whichever

Down

- After-dinner drink
- Tax agency (abbr.)
- Post-wedding title
- Scrape
- Chowed down
- One of baby's first words
- Charleston state

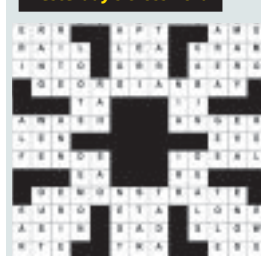


- Bugle
- Gung-ho
- Department store section
- E-mail request
- Indicates maiden name
- Patch
- Dutch city
- Wash
- Curves
- Scottish dagger
- A.A. Milne character

- Pat dry
- Flower holder
- Children's author Blyton
- Becomes inedible
- French cheese
- Beak
- Extension
- Actress Michele — of Glee
- Cartoon shrieks
- At the summit
- "Titanic" actor Billy —

- Land measure
- Aid in a crime
- Abbreviation found in an atlas
- Shoeborn letters
- John's "Pulp Fiction" co-star
- Groan inducer
- Pig's abode
- Elsewhere

Yesterday's Crossword



What's online

See today's answers
metronews.ca/
answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

1	2	8	6	4	7	3	9	5
5	4	7	9	1	3	8	2	6
3	6	9	8	5	2	1	7	4
4	8	6	3	2	1	7	5	9
2	9	3	5	7	6	4	8	1
7	1	5	4	8	9	2	6	3
9	3	4	7	3	8	6	1	2
8	3	2	1	6	5	9	4	7
6	7	1	2	9	4	5	3	8

6		9				8		1
	4	2	8		5	9	3	
3								7
			2		4			
	9			1			4	
			7		3			
7								2
	2	5	1		8	6	7	
4		3				5		8

Weather

TODAY



MAX: -10°
MIN: -14°

WEDNESDAY



MAX: -3°
MIN: -4°

THURSDAY



MAX: -5°
MIN: -19°



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*Some Restrictions apply. Procedure to procedure and equipment to equipment.